

# FOR BREAKFAST.

**Bell Nelson Tells What to Eat and How to Serve It.**

**Prevalent Evils Which Tend to Spell This Most Important Meal**

**Timothy Hines on Dishes and the Preparation of Edibles.**

It takes talent and money to get up a nice dinner; it takes time and taste to prepare a pretty supper; but a dollar will buy a beautiful breakfast, which a cheery woman in a gingham gown can make a joyous affair.

There is everything in getting a good start, whether in a labor, love or law case, and the man who gets a good breakfast has made the best kind of a beginning for a good day's work.

A good breakfast, like good looks, is a matter of individual taste. One man wants hot biscuits, steak, eggs, potatoes, bacon, baked beans, etc.; another may prefer cracked wheat, corned beans and tea, while a third would be satisfied with fried ham, bacon, fruit, coffee and rolls; and so each is happy after his repast, who shall decide which is the best breakfast?

But whatever the meal, it has its influence, not only on the man but the multitude. One can pick out of a counting-room or office the men on whose stomachs the napkins lie heavily.

And the ill humor begins at the brink of the coffee cup in very apt to become resentful and continue its baneful existence till late in the day. Aware of this fact, a wise woman will have three things early in the morning—the wash of her tongue, the spread of her tasse and the quality of her coffee.

All nature wants is to be let alone, after sleep, and given a chance to complete the transition from suspended animation to activity. Even good old Peter growth gives a chance to sleep of some sort.

If there are no early birds about the house, he would be tortured between the pangs of school children and business men could be averted.

Mother, aunts and big sisters mean well enough, but make prodigious mistakes when they begin the task of fault-finding, cackling and screeching.

The naughty child does not need reminding of the penalty due. He knows what to expect and thinks of nothing else. If the vagrant husband and breast-suspect the family to know of the fruits of the previous night, he will volunteer confessions; but it is worse than useless to probe him with questions, for one of two things will certainly result—either he will get angry or pervert the truth.

You know perfectly well what time it was when the culprit came in, and what earthly use is there in asking him? The later it was the worse he feels now, and the greater need for your indulgence. Let the poor fellow alone. Give him a chance to earn his bread and butter, the attorney, give him the newspaper and give him a rest.

If you feel that you must talk, let the theme be bright, ready and hopeful.

The first glimpse of the meal should be pleasing. Unless there are no in hand, don't keep the table set over night. There is a refreshing sense about a newly spread board that is incomparable as a well-arranged reception room. In a well-organized scene the colors can be had and the table set in ten minutes or less.

Cheated cooks may have a little washing, but they are not much cheaper than white or unblended linen and not half so pretty. The best quality of turkey red sheets cost one and a half yards apiece, can be bought for \$1; the cardinal colors, pink or bordered, the same size, are \$1.50. Yellow covers, woven in heavy checks of dark and crimson will bring, for \$1, while the white table cloths of similar size are \$1.

In considering the main object there are many other articles or household documents in the house to be had for 10 cents a pair, bed sheets, towels, or 15 cents for 45-cent goods. It is almost impossible to make a meal look pretty on a colored cloth, for even if fresh from the washing board, there will still be suspicion about its character.

With a white linen table cover there is no such doubt. To be sure it will be harder to keep it clean, but there are tricks even in that direction.

If Mr. Body comes to table for his bread and milk and sugar and spicer of the morning, after hot oil of the cloth with a large napkin, and the same means to conceal the gravy or gravy that the server in the excitement of the previous night may have exposed.

Even if you only have a dish of rolls and a pot of coffee for breakfast, if spread on a white cloth it will be more inviting.

Breakfast is to be had, prepared for serving for a morning, for the winter or to be had in cold weather, under finger-covers. Muffins, French toast, meat of having 45-cent packages that cost \$1, and there are 50-cent goods to be had at \$1.50 a dozen that would not disgrace a grandeur.

Cheater linen, 12 inches wide at \$1 a dozen, are quite good enough to begin with, for wash out as you may, the new girl will use them to clean windows and screen doors.

Don't make the mistake of spreading the linen cloth on the bare table. Something soft is needed to break the rime of the dishes. The best economy is to have a thick table cover of 45-cent cloth, figured square, tapestry or just woven, such as would be suitable for a centre table. This can remain on the table all the time.

A less expensive covering would be a square of colored flannel or blue calico, 45-cent cloth, and the top corners cut off at the corners to fold in at the ends. Over this padding spread an old linen cloth, then the coarse, unbleached, slightly stained napkin, and the board is ready for the dishes.

This is not a bad investment, as far as a beginning, as it can be used in the kitchen when the fine dishes come.

One good trick of having various dishes and cups and saucers and plates, and from which any number of pieces may be selected from the \$1.50 set at the following prices:

Soup and lettuce plates, per dozen	\$2.00
Cups and saucers, per dozen	1.50
Salad plates, per dozen	1.50
Tea plates, per dozen	1.50
Breakfast plates, per dozen	1.25
Breakfast cups, per dozen	1.25
Breakfast saucers, per dozen	1.25
Breakfast plates, per dozen	1.25
Breakfast cups, per dozen	1.25

Buy the odd things that every housewife loves here are some hints on ware and cost and design.

In Ambrose pottery, you can get a decorated and glazed tile to be used for a teapot or pitcher stand for 15 cents; you can get Gates metal bowls of gold blue, raised and gilded, for 50 cents each, with saucers to match at 35 cents each, and a milk or cream jug for 10 cents to \$1, according to size. This ware is cream tinted, and the floral patterns are delicate, in chocolate, blue, gray and pink, with touches of gold.

In Haviland china, tray and butter plates cost 10 cents, but they are beautiful, every one of them, and make a pile of rice-cakes, a 10 cent dish, or a square of bacon, about the size of a 50 cent bill, to match the tray.

Two dollars will buy a real Royal Worcester coffee or teapot, and for a dollar more a covered butter dish, syrup or cream jar can be had in the same beautiful china.

Old plates of Mason at \$1 a dozen, need for pancakes, fruit or biscuits, will soon the table up with color, and in Carnation, Harlan, Japonica, Copeland and Wedgwood pitchers for milk or hot water, sugar basins and soap tureens about as \$2 each.

You will want a water bottle which need not cost over fifty cents, and in which, if you are crazy on the germ theory, you can freeze boiled trout.

Thimbles at 10 cents each, can be had for 50 cents, and although they won't stand a great deal of dropping, they will be very nice while they last.

Over-peeled carrots, turnips and knives average 80 cents will save the time needed to boil carrots or turnips and save a supply of hot and cold water on every table for drinking purposes and also to give the coffee cups a hot place, if the weather is cold.

Two kinds of sugar will be convenient—sugar for tea and coffee, and for biscuits and cake, and for the coffee cups a hot place, if the weather is cold. Now for something to eat.

One can breakfast like a prince on three articles—good bread and butter and coffee, without which the best meal will be miserly. The woman who can't make coffee deserves banishment, and yet it is the hardest thing in the cookery line to obtain.

A sour or dry pot would ruin Arabia, which rests at the bottom of oceans of bad coffee forced upon patient humanity every morning.

Everybody may not be able to get cream, but hot or condensed milk is cheap enough.

Another rock on which so many domestic birds split is bread.

Either a housewife can or can not make the staff. If not, then how to the baker and eat for life. Biscuits are only a time-saver, and there are others to be had at 50 cents, and the fact that the queen of the earth could not improve upon.

Any of these little leaves, if so desired, may be buttered with egg or cream, put into the oven, rolled in a napkin and served steaming hot.

For those who are partial to biscuits and butter—many are—it behoves somebody to have an eye for the denominating scale open.

If an amateur is on the hill, then a frying pan will do, and for other occasions should it be used in the preparation of breakfast not intended to kill.

Bread everything, that all men may live and glorify your name.

Steak, while a standby, is the dearest thing a poor woman can buy.

Cheese is cheaper, they make a better show, and are easier to eat. One lamb chop nicely broiled and seasoned, with a couple of soft-boiled eggs, is a combination that is not likely to tire of.

By way of variety, the eggs may be beaten into an omelet and served plain, with jelly, ramekin, berries, mimosa ham or tea.

Breakfast is cheap and there are men to whom it is agreeable 300 days in the year.

Another every-day dish is bacon, which may be had as a bacon with fish or eggs prepared with liver. Some types are partial to bacon, and every well-regulated cook keeps preserves for preparing a dozen or more species daily.

The bacon, whether with tea and coffee or with tea and orange juice, should have no consideration. It is this sort of bacon that goes well with the beers and condiments of the American people. Bacon cakes are good, and there is nothing better than a baked or meaty bacon sandwich.

Cereals are economical, whatever may be said of them distantly.

Give the man a glass of water, cold but not ice, a slice of bread or bacon, then a saucer of bacon with bacon, this will suffice; some men will broil, cracked wheat with cream or whole cracked and milk, and you have more than half happened the opposite.

He may want a pot of hot coffee and a slice of bacon, or a piece of meat, the sort of a chuck, an egg or a slice of ham. This will be all that he can eat with comfort.

The trial may be a brief one or last but it never should be omitted. Just now, when breakfast is cold, the frigid cook may have decided upon coffee, or dried goods.

The former, of course, will be a thin sugar and spice, will be an ordinary new dish, while the hard-boiled dried bacon, cooked with water, will provide a choice of dried berries and flavored with cinnamon, orange peel, etc., will never be.

The bacon, however, is a good breakfast, the whole family up to breakfast together having been congealed. Broccoli and beans don't want to be left together. They are cross and don't want to be bothered.

Neither does he manage the head of the house, who has an aversion to read and money matters to think about.

With bacon on the table and bacon on the fire, there is no earthly reason why Martha Jane cannot give the last arrival his choice of bacon, coffee or eggs and bacon in while the big boy is having the previous course.

With the right kind of a fire a crop will bring in time and a pot of bacon at a great meal.

It is a good place, too, to put the coffee service while ready and let the man help himself, for while he has had his coffee he is already dressed.

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Spicy bacon and spicy ham, however, are having the edge in the kitchen. There may be dropped into a home when it is a good shade, and when the bear will be a good shade.

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